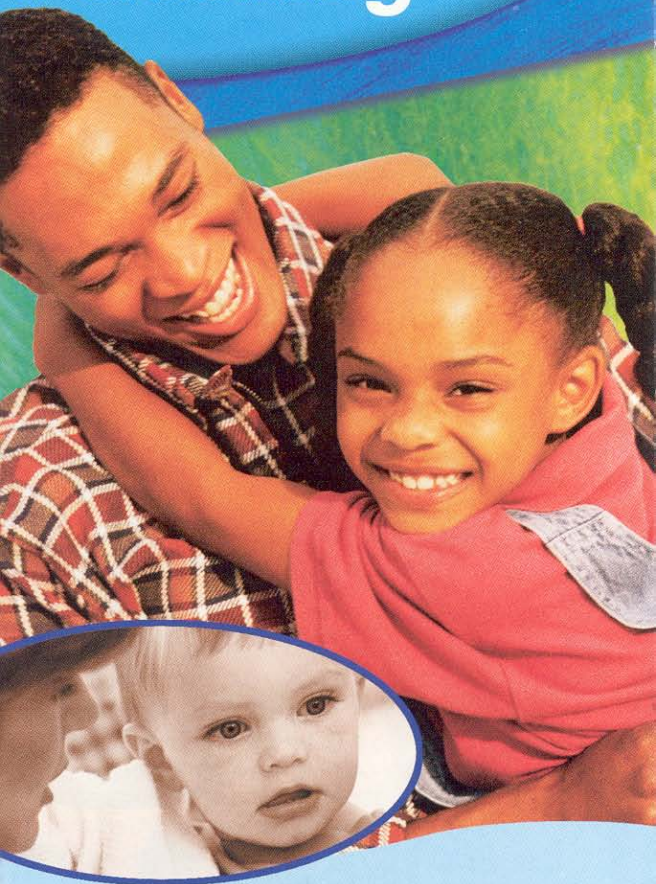


*Protect Your Child from **Lead Poisoning***



CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

Keeping Connecticut Healthy

Lead Poisoning Prevention and Control Program

Lead poisoning

is caused by swallowing or inhaling lead. Even small amounts can be harmful.

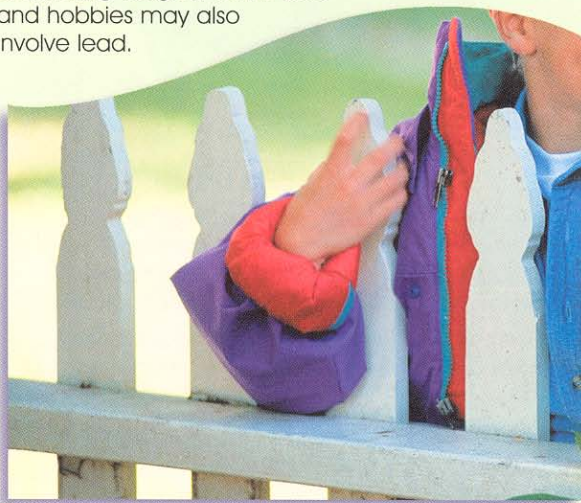
Lead paint is the major source of lead poisoning.

It's often found in homes built before 1978. Chipped or peeling lead paint may be swallowed. Lead dust—created when painted surfaces, such as window frames, rub against each other—may be swallowed or inhaled.

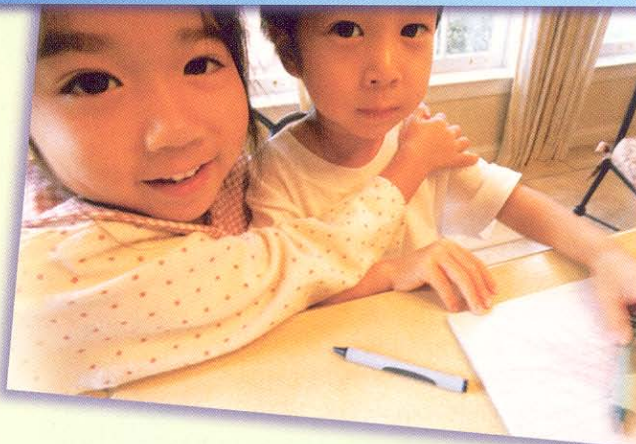
Other sources include contaminated:

- soil—by lead paint or leaded gasoline
- water—by lead from old plumbing
- air—by lead dust or lead-processing plants
- food—by lead dust, poorly-glazed pottery, lead crystal or imported (not U.S.) cans with lead seams.

Lead can come from other items, too—herbal remedies, cosmetics and fishing weights. Some jobs and hobbies may also involve lead.



The persons whose photographs are depicted are models. Any characters they are portraying are fictional.



Young children face the greatest risk.

Their bodies absorb lead easily. They may put things into their mouths.

- Low levels of lead can cause permanent damage in children. This may affect their growth and mental abilities, making learning and concentration difficult.
- Very high lead levels may cause coma, convulsions and death.

Most children show no symptoms.

Warning signs of lead poisoning may include:

- stomach pains, constipation, frequent vomiting or poor appetite
- sleep problems, irritability, tiredness or headache
- clumsiness, weakness or loss of recently learned skills.

Consult your health-care provider if you notice any of these signs. They're easily mistaken for illnesses like the flu.

There is a test for lead poisoning. A small blood sample is all it takes.

The publisher has taken care in the preparation of this folder, but the information it contains is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with your health-care provider about all health-care issues.

Regular lead screening

is the best way to detect lead poisoning.

In general, all high-risk children need lead screening.

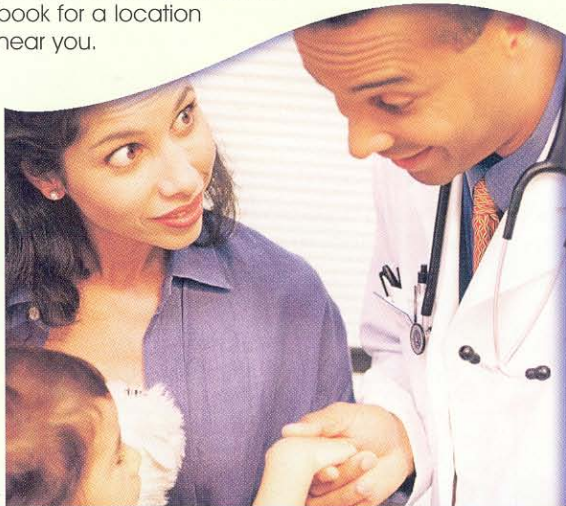
State or local health officials may consider a child at high risk if he or she:

- lives in an area that has a high number of homes built before 1950
- lives in or regularly visits a home built before 1950
- lives in or regularly visits a home built before 1978 that has recently had remodeling
- has had a brother or sister with lead problems.

State or local officials may have other screening guidelines.

Find a lead screening location.

These may include health clinics, health-care providers, public health departments, WIC offices (Women, Infants and Children program) and child-care centers. Check your phone book for a location near you.



Don't put it off! Ask if your child needs testing. Get follow-up screenings as recommended.

Reduce your child's risk.

Along with having your paint, water and soil tested for lead:



Keep your home clean.

- Ask at a hardware store about lead-specific cleaning products.
- Clean weekly. Use a solution of water and cleaner to wet-mop floors and wipe windowsills and other surfaces. (Don't reuse cloths or sponges on dishes, counters, etc.)
- Don't dry-dust, sweep or vacuum (unless using a special vacuum). These can spread lead dust.
- Wipe dirt off shoes before coming inside.
- Make sure anything your child could put in his or her mouth is clean and free of lead paint.
- If you work with lead, shower and change before coming home. Wash your clothes separately. (Follow all occupational safety guidelines for cleaning and storing work clothes and equipment.)
- Watch for chipping and flaking paint.

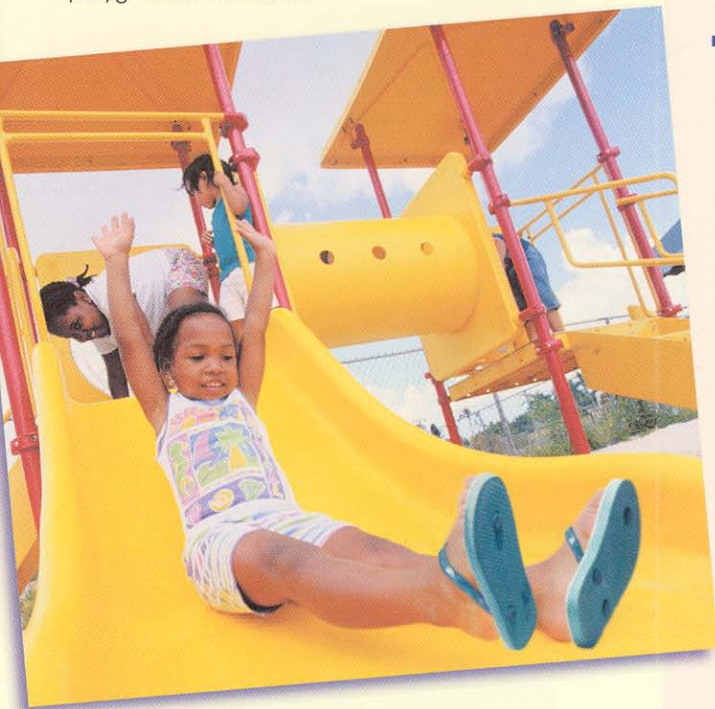
Feed your child 3 healthy meals a day.

This—along with a diet high in iron, calcium and vitamin C, and low in fried and fatty foods—will help fight any lead in his or her body. Also:

- Draw drinking and cooking water only from the cold tap. Let it run for a few minutes first.
- Wash your hands before preparing snacks or meals.
- Teach your child to wash up before eating.
- Don't use pottery for cooking or serving if you're unsure about its glaze.

Keep play areas safe.

- Fill sandboxes with lead-free sand.
- Plant grass to cover dirt.
- Ask local officials to make playgrounds lead-safe.



Removing certain lead hazards in a home requires expert help—don't try to do it on your own!

Learn more.

Find out how to:

- have your home, water and soil tested for lead
- safely reduce any lead hazard (or have it removed)
- protect yourself and your family if you live in rented housing or are buying a house.

Contact:

- the National Lead Information Center at 1-800-424-LEAD (1-800-424-5323) or www.epa.gov/lead
- the EPA Safe Drinking Water Hotline at 1-800-426-4791
- local resources—a health-care provider, the public health department, the housing authority or a childhood lead poisoning prevention program.



Take steps to keep your child safe from lead. You can help prevent lead poisoning.

RESOURCES

**For more information about
lead poisoning contact:**

Connecticut Department of Public Health Childhood Lead Poisoning Prevention Program

- Lead Education (860) 509-7299
- Statistical Information
- Regulatory Questions
and Interpretation
- Lead-related Complaints
- Environmental Issues
- Abatement Standards
- Lead Licensing (860) 509-7559
- Lead Certification
- Lead Training Course Approval

Lead Treatment Centers

Hartford Regional
Lead Treatment Center (860) 714-4792

Yale-New Haven Regional
Lead Treatment Center (203) 764-9106

**State of Connecticut
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